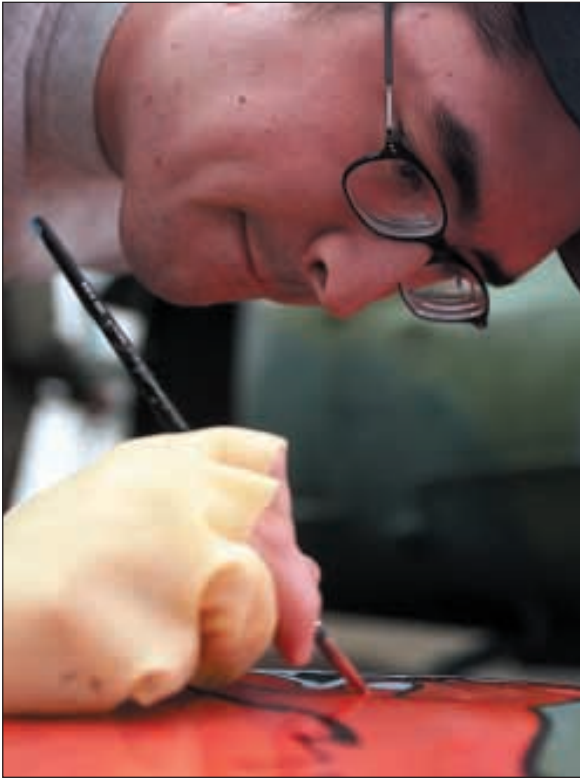


# SPACE & MISSILE TIMES

Friday, May 4, 2001

Vandenberg AFB, Calif.

Vol. 11, No. 17



STAFF SGT. JANICE CANNON

(Above) Staff Sgt. Jesse Justice, 30th Communications Squadron graphic artist, puts the finishing touches on a nose art design for the 76th Helicopter Squadron's UH-1N. (Right) The Helo was flown during this year's Guardian Challenge event.



AIRMAN 1ST CLASS JONATHAN POMEROY

## Guardian Challenge 2001 begins

COMPILED FROM REPORTS

■ The first Air Force space and missile competition of the new millennium is already drawing a crowd at Vandenberg.

Nine teams from across Air Force Space Command and the United Kingdom are arriving on the Central Coast, competing for trophies steeped in history: Blanchard, Schriever, Arnold, O'Malley and Aldridge.

"Guardian Challenge is a proud tradition among space and missile forces, dating back to 1967," said 30th Space Wing Commander Col. Steve Lanning. "Vandenberg is still the only base in the United States where space and missile missions combine, and we're

proud to be the host again for the best-of-the-best in Air Force Space Command."

Teams of space and missile forces will compete in a number of events: missile and space surveillance, space operations, spacelift operations, spacelift maintenance, space communications, services, security forces, missile operations and maintenance, ICBM communication, and helicopter competition.

Vandenberg is again in the hunt for the Schriever Trophy, given each year to the best team from the spacelift community.

The 30th Space Wing won the trophy in 1999.

The command's best and brightest begin the competition Monday.

Score posting – an event that combines the best of Hollywood and Air Force Space Command – is Thursday evening during the Guardian Challenge banquet.

"That night, Team Vandenberg's Hawks will bring home the Schriever Trophy where it rightfully belongs: here with the 30th Space Wing," Lanning said.

"The traditions of Guardian Challenge are tied to this base, its facilities, and our proud Air Force space and missile heritage," he added. "We welcome all the teams to our California coast."

"Guardian Challenge 2001 is the forum where we push space and missile operations to the limit and into the future."

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Exam leads to life-saving operation



# Tailored health care reaps benefits

By LT. COL. SCOTT DAWSON

30<sup>th</sup> Medical Group

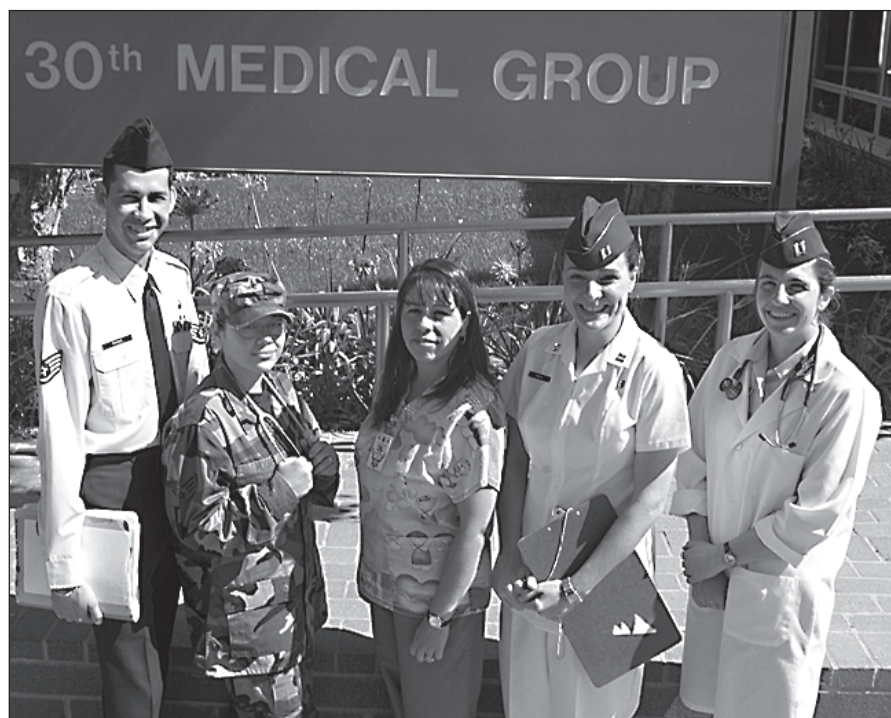
It's been said that the only constant is change itself. That's certainly true when it comes to health care and, more specifically, how the 30<sup>th</sup> Medical Group personally tailors and delivers health care here.

Delivering your health care is now a team activity! Gone are the days when your only option was to see a physician for each and every issue. Over the past several years, patients are playing an increased role in their own health care.

Now, options to the traditional physician-delivered health care have emerged and the 30<sup>th</sup> Medical Group is excited about tapping these options to improve your access and your family's health. The Air Force Medical Service has recognized and capitalized upon these trends with the establishment of Primary Care Optimization, or PCO.

The PCO concept has changed how primary health care, the very first place you go when you have a health issue, is delivered in Air Force medical treatment facilities.

Team Vandenberg got a taste of PCO when the medical group assigned a primary care manager to you, your family and your unit. With that assignment, you received a dedicated support staff, an improved appointment process, and an introduction of the preventive health assessment, or PHA, for non-active-duty enrollees.



(Left to Right) Staff Sgt. John Pahnke, Senior Airman Paola Moore, Carmen Rosales and Capts. Ginger Weiss and Laura Polito are one of the medical staff teams meeting Vandenberg health care needs.

One of the many benefits of our optimization is improved quality of your health care through better access.

Access means getting you an appointment with your physician, primary care manager, team nurse, medical technician, a military specialist or even one of our TRICARE network providers. It's all designed to get you the care you need, when you need it.

Primary Care Optimization approaches this in two ways. The first is

to help you take better care of yourself.

The second is to train and equip nursing and administrative staffs to provide you with services when you don't need a doctor.

This approach is sometimes mistaken as a barrier to seeing your physician. This couldn't be further from the truth.

By appropriately taking care of patients' needs with team members

who aren't physicians, we're able to improve access for those who truly require the services of a doctor.

One of the less obvious benefits is the decreased turn-around time on lab results or medication refills.

If you don't have to see your doctor for lab results or routine prescription refills, we can respond to you more quickly. Also, this approach benefits the Air Force's mission by reducing the amount of time active-duty members must spend seeking and waiting for health care services or worrying about their family's health issues.

The added service of advice and an assessment by a nurse over the phone and the nurse-run sore-throat and cholesterol management clinics are other innovations of PCO. Other examples are the 24-hour health care information lines, telephone and e-mail consults with your health care team, and an expanded "Take Care of Yourself" program that includes manuals, training, and other educational materials.

Look for more information in future editions of the *Space & Missile Times* on how the PCO process affects you directly. We'll focus on nurse-telephone assessment and advice, "Take Care of Yourself" manuals, non-active-duty preventive health assessment appointments and the 24-hour health care line.

## Proudly display 'Old Glory' during GC

By COL. STEVE LANNING

30<sup>th</sup> Space Wing Commander

Vandenberg Air Force Base has been the constant host for Guardian Challenge since 1967 when the competition was called Curtain Raiser. We take great pride in the traditions surrounding the only Air Force space and missile contest in the world.

Our housing residents can reflect that pride

during GC 2001 week by displaying their U.S. flags from Sunday to May 11.

Below, we've included information on the correct way to display the U.S. flag. Never fly the flag with the union down. When the U.S. flag is displayed from a staff projecting horizontally or at an angle from the window sill,



balcony or front of a building, the union of the flag should be placed at the peak of the staff, unless the flag is at half-staff.

The flag should never touch anything beneath it, such as the ground, floor, water or merchandise.

No flag or pennant may be placed above the flag of the United States or to the U.S. flag's right.

The flag should not be displayed on days when the weather's inclement.



Space and Missile Times  
Editorial staff

**Col. Steve Lanning**  
30th Space Wing Commander

**Maj. John Cherry**  
Director of Public Affairs

**Master Sgt. Ty Foster**  
Chief, Internal Information

**Tech. Sgt. Lloyd Conley**  
Editor  
**Staff Sgt. Andrew Leonhard**  
Staff writer  
**Airman 1st Class Steve Schester**  
Photographer

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## Friends, family appreciate sacrifices

BY CAPT. CHARLIE NELSON

77th Bomb Squadron, Ellsworth AFB, S.D.

When home on leave, my friends always jokingly tell me I need to treat them to dinner or buy drinks because their taxes pay my salary.

Until recently, I always thought of it as just friendly teasing.

My squadron's maintenance team recently came in on a Saturday, as we do from time to time, for a little catch-up maintenance. Early that morning, I sent one of my friends back home a quick e-mail that said, "Look, it's 6:30 a.m. on a Saturday, and I'm here at work. I just wanted you to know your tax dollars are hard at work."

I didn't hear anything from him for a couple days, but when his reply came, I was stunned. His e-mail was entitled: "You're a Good Soldier."

In the e-mail, my friend of 13 years explained how lucky he feels that he goes to bed every night without worrying about foreign countries threatening or invading the United States. He told me he's glad I've decided to defend our country because somebody has to and he's not willing to make the sacrifices.

This kind of honest communication between male friends is rare. We grew up together competing at everything—

grades, sports, girls and racing our parents' cars. You name it—we competed. Having him admit he's proud of me and what I do was inspirational.

His e-mail made me think about everyone back home. I know my parents and grandparents tell stories of me going to the Air Force Academy and serving in the Air Force, but they're supposed to—it's in their contract.

What I realized from this e-mail is all my friends do the same. Their teasing is simply a way of saying thanks without having to be serious.

Every time my friends watch a movie about the military, or there's something related to the military on the news, or the topic comes up in a conversation, they tell everyone around them about their friend from high school who's now stationed at Ellsworth. To be part of an organization and provide my friends with the security they have grown accustomed to, whether they understand the sacrifices military people make or not, overshadows the hardships I've encountered. My family and friends are the most important people in my life. They're the reason I'm here. They're my country. Even if they don't tell you, they're proud of you.

## Grass not always greener on other side

BY CAPT. MIKE RICHARDS

30th Communications Squadron

Time and time again I see our mid-level troops "punching-out" — looking for greener pastures and greener paychecks on the outside. While a bigger payoff may seem like a good reason for leaving our Air Force, let me present some good reasons for staying.

The Air Force is one of the few institutions that gives new employees a great deal of responsibility early in a career. Do you think a 22-year-old maintenance technician working for the airlines will hold the same level of responsibility that a 22-year-old crew chief in the Air Force does? I think not. And, that maintenance technician's job is vulnerable to layoffs. America's Air Force does not lay off its employees.

Job satisfaction is another factor. One of our own photographers here at the 30th Communications Squadron recently separated from our Air Force. She told me her greatest regret was not being able to fly any more. She was flight certified and flew with the 76th Helicopter Flight documenting the launches here. Although the pay in her

new job is higher, I wonder about her overall job satisfaction.

Job satisfaction is not all the Air Force offers its personnel. Think about the quality of the people around you. Air Force personnel are the best-trained, best-educated, and most highly motivated work force in the world. And we're a drug-free work force. You and your co-workers have all answered a higher calling than your civilian counterparts.

How many companies demand *integrity first, service before self, and excellence in all we do?* We do what we do because we're the best at what we do!

Talk about benefits! Low cost medical care, great educational benefits, the best equal opportunity program in the world and the list goes on. A high school graduate can enter the Air Force, have a great career using the latest technology, attain a bachelor's degree and a graduate degree, then enter the civilian world with a full retirement at age 38! The brass ring is right in front of you! Next time you look over at those greener pastures, remember, the grass is pretty green right here.





*Brown Beach offers coastal access along North Vandenberg*



*Tide pool sea life abundant during low tide at Seal Beach*

# Vandenberg's sandy beaches remain closed

COMPILED FROM REPORTS

■ All beach goers are reminded that many of Vandenberg's beaches are off limits until further notice.

This action is necessary to protect a federally listed and threatened shorebird, the Western Snowy Plover, which nests on Vandenberg's sandy beaches and dunes.

Three of Vandenberg's beaches, (Brown, Seal and Boathouse) are available for beach goers. For their own safety, people are strongly encouraged to stay on established paths when accessing these areas. Team Vandenberg, Guardian Challenge competitors and guests wishing to check out the beaches are encouraged to visit the following sites:

## Brown Beach

Brown beach offers 3.75 miles of rocky coast and low-tide beach access along Vandenberg's northernmost shoreline.

California Sea Lions, harbor seals and sea otters can often be seen offshore and lounging along the rocky coastline. There are also tide pools along

the shore.

To reach Brown Beach, drive west on 13<sup>th</sup> Street. Turn right on El Rancho Road and travel north. Pass the Minuteman Beach access. Turn left at Oculito Road, past launch facility-9 and park on the bluff west of LF-6. The beach access is a short, steep hike through the prominent cleft in the coastal rocks.

## Seal Beach

Seal Beach has 2.75 miles of rocky coast access south of Purisma Point.

A sea otter colony lives offshore and harbor seals can often be seen hauling out on the rocks.

Tide pools are easily accessible during low tide. There is no sandy beach at this site.

To reach Seal Beach, travel west on Tangair Road over the railroad bridge. Turn left onto Spur Road.

Follow Spur Road until the pavement ends at space launch complex 576E then veer left onto the gravel road. A portable bathroom is in prominent view at the Seal Beach parking area. From the parking area it's a 200-

yard hike to the beach.

## Boathouse Beach

Boathouse Beach offers 1.5 miles of beach access along Vandenberg's southernmost shore. The area is a prime location to spot dolphins, porpoises and migrating gray whales from December through May.

There is a tide pool area located adjacent to the jetty below the boathouse.

The best time for visiting this beach is during low tide.

To reach Boathouse Beach, drive south on Arguello Road from the South Vandenberg Gate.

Turn right on Bear Creek Road. At Coast Road, turn left. Turn right where Coast Road forms a T intersection at space launch complex-6. Travel south to the posted and locked railroad crossing gate and veer left.

The gate at Sudden Road is approximately one mile down Coast Road on the right.

The is normally gated and locked. To check out the gate key, visit outdoor recreation at building 11154D.



*Boathouse beach is great for strolling*

## COASTAL ACCESS PRECAUTIONS

■ Vandenberg wildlife officials advise people to adhere to the following safety precautions when visiting any of the base beaches.

- ◆ Stay on established paths when accessing beaches.
  - ◆ No swimming is allowed due to dangerous rip tides.
  - ◆ Avoid flushing or otherwise disturbing marine mammals.
  - ◆ Keep pets on a leash at all times.
  - ◆ Do not harvest live plants from beach or tidepools.
  - ◆ Do not collect live animals from the beach or tidepools.
  - ◆ Visit rocky coast access areas only during low tide.
  - ◆ Be careful of eroding cliffs and don't climb them, keep away from the edges and possible slide areas.
  - ◆ Consult local weather forecasts for tidal information.
  - ◆ If any unexploded ordinance or suspicious objects are encountered, don't touch them.
- Call command post at 606-9961
- ◆ All beaches are closed from dusk until dawn.



**Vandenberg AFB, Crown  
Jewel of Space Command**  
[www.vafb.af.mil](http://www.vafb.af.mil)

## NEWS

## BRIEFS

**BASE FIRING RANGES  
OFF LIMITS UNTIL MAY 11**

The base combat arms firing ranges, located off San Antonio Road West are off limits until May 11. The facility is being used for Guardian Challenge. Personnel requiring access to range facilities for official business must complete a non-disclosure statement. For more information, call combat arms training at 605-5025 or Master Sgt. Tom Calhoun at 605-5007.

**COMMISSARY EXTENDS  
OPERATING HOURS ON SUNDAYS**

The Vandenberg commissary will open Sundays at 10 a.m. and close at 5 p.m. starting Sunday. For more information, call 734-3354, extension 225.

**BASE CLOSES RECREATIONAL  
AREAS MAY 18, 19**

Outdoor recreational activities will not be permitted on north and south Vandenberg May 18 and 19 due to mission requirements. This includes access to the boathouse, all hunting and fishing areas, and beach activities. For more information, call Airman 1st Class John Smith at 606-6804.

**MISSION SUPPORT SQUADRON  
SEEKS FTAC MANAGER**

The 30<sup>th</sup> Mission Support Squadron is accepting applications for the First Term Airmen Center manager's position. The position is open to technical and master sergeants. It is a one- to three-year controlled tour with a report date of July 1. Interested NCOs need to submit a resume with the following items: short biography, last five enlisted performance reports, RRL and two recommendation letters. Applications must be received by May 31. For more information, call Tech. Sgt. Juno Hopkins at 606-5957.

**EDUCATION OFFICE CLARIFIES  
STUDY GUIDE POLICY**

The base education office will no longer grant waivers to authorize the use of commercial study materials developed for promotion testing on government computers. All previously granted waivers are rescinded. For more information, call the base education office at 605-5904.

**TUITION ASSISTANCE AVAILABLE  
FOR CIVILIAN EMPLOYEES**

Tuition assistance is now open to civil service employees, all grades including temporary employees, and people who are pursuing graduate degrees. Eligible members may receive TA for up to three courses per term. Tuition Assistance will pay for 75 percent of tuition up to \$187.50 per credit hour and up to a maximum of \$3,500 per fiscal year. This program only applies to Air Force Space Command units. For

more information, call the base education office at 605-5904.

**VA INCREASES GI BILL  
BENEFITS BY \$5400**

Active-duty members who entered the service after July 1, 1985, and participated in the Montgomery GI Bill can increase their benefits. Those who were honorably discharged between Nov. 1, 2000 and April 30 may also participate but they must elect to contribute by July 31. By paying an additional \$600, eligible members will increase the current benefit from \$23,400 to \$28,800. Payments to increase the benefit can be made by payroll allotments as low as \$20 per month. For more information, visit the base education office or call 605-5904.

**30<sup>TH</sup> CONTRACTING SQUADRON  
RELOCATES DURING RENOVATION**

The 30<sup>th</sup> Contracting Squadron areas in building 7015 are being renovated. During the renovations, 30<sup>th</sup> CONS people will work in different office spaces on the second floor of building 7015. For more information, call Capt. Matt Stevens at 606-5003.

**ENVIRONMENTAL OFFICE  
DISTRIBUTES LEAD-BASED PAINT  
INFO**

Base housing residents who live in homes built before 1978 will soon receive lead-based paint information packages in the mail. The disclosure form contained in the information package must be signed and returned by May 18. Residents must comply with the contents of the package. As an incentive, people whose forms are received by May 11 will be entered into a drawing for dinner for two at Applebee's and a lunch at Red Lobster. For more information, call 2<sup>nd</sup> Lt. Michael Norkett at 606-0126 or visit the housing office.

**AIR FORCE ASSOCIATION AN-  
NOUNCES AWARD WINNERS AT  
LUNCHEON**

The Goddard Chapter of the Air Force Association will hold its annual awards luncheon May 23 at 11 a.m. in the Pacific Coast Club. During the luncheon, Team Vandenberg members will be recognized and award winners will be announced. For more information and reservations, call Melanie Habener at 606-7528.

**30<sup>TH</sup> SUPPORT GROUP BIDS  
COMMANDER FAREWELL**

Members of the 30<sup>th</sup> Support Group will honor Col. Duane Lamb and his wife Kim during a farewell dinner May 17 at the Pacific Coast Club. Cocktails will begin at 6 p.m. and dinner will be served at 7 p.m. The cost is \$16 for club members with a \$3 surcharge added for non-club members. For more information and reservations, call 1<sup>st</sup> Lt. Alex Logan at 606-8700.



SENIOR AIRMAN JORGE MUNIZ

*James Jones first film as a producer and director at the 30th Communications Squadron is a huge hit.*

## Producer wins Telly for Ecstasy film work

By CAPT. TRISH WIEGMAN  
30<sup>th</sup> Communications Squadron

■ A motion media producer and director with the 30<sup>th</sup> Communications Squadron was awarded a Telly Award April 9 for a production on the dangers and consequences of taking the drug Ecstasy.

In his first production for the 30<sup>th</sup> Communications Squadron, James Jones won for his production, "Ecstasy: The End of the Dream," in the non-network TV programming category.

Created in 1980, the Telly Awards showcase and recognize outstanding non-network and cable TV commercials. The competition expanded several years ago to include film and video production, as well as non-network TV programming. Winners from last year's competition included ESPN International, DreamWorks SKG, The Discovery Channel, and Warner Brothers.

"Ecstasy: The End of the Dream" began as an effort between members of the 30<sup>th</sup> Medical Group and the 30<sup>th</sup> Communications Squadron. The video outlines the story of a Vandenberg airman who

took Ecstasy and was later court-martialed and convicted for her use of the drug. It features interviews with the convicted military member, as well as live footage from a rave and information on how to identify the drug and indications of its use. The production is the only video on Ecstasy in the Department of Defense and has been distributed to 89 Air Force bases worldwide as well as several Navy bases. It has also recently been incorporated into the Air Force Basic Military Training curriculum, and is mandatory viewing for all trainees.

The production is unique and its message is aimed at 18- to 25-year-old airmen, according to Master Sgt. David Steele, 30<sup>th</sup> CS superintendent of motion media.

"We get emails from bases all over the world telling us that this is the best anti-drug film they've ever seen — from the Air Force or anyone else because it really hits home with the younger airmen," Steele said.

Jones said his job is great because "You truly get to experience every aspect of the Air Force."

**GEN. DONALD KUTYNA AWARD**

■ Winner 2000  
**AFSPC Best Spacelift Squadron**



## Got fleas? Find out now

Vet clinic staff helps detect, destroy biters

**Q What should I do to kill fleas on my dog or cat?**

**A** Successful flea control has two aspects: fleas must be controlled on your pet, and in their environment.

**Q What's the life-cycle of a flea?**

**A** There are actually four stages in their life cycle. The adult flea is the biting, reproducing, and visible stage of the flea life cycle. Adult fleas spend their entire lives on the same host pet.

Female fleas lay their eggs on the animal, which soon fall off into carpeting, furniture and the yard, where they'll develop into the larval stage.

The worm-like larvae settle deep within carpet fibers, under furniture and in the yard. They feed on microscopic organic debris before producing a silk like cocoon and entering the pupae stage.

The cocoon is sticky and collects debris from the environment. The pupae can survive up to 140 days within the cocoon. During this time, it's resistant to insecticides. Because of this, adult fleas may continue to emerge into the environment for up to three weeks following insecticide application.

Left untreated, just 10 adult fleas can multiply to over 250,000 (adults, eggs, larvae and pupae) in as little as a month.

**Q What can these fleas do to my pet?**

**A** If untreated, the female flea will continue to take blood for several weeks.

During that time, she will consume about 15 times her body weight in blood. This can lead to anemia. Also, flea bites itch intensely, and pets will chew and scratch on their skin.

**Q What can I do to my pet's environment?**

**A** Environmental flea control usually must be directed at your house and your yard.

A professional exterminator may be called to treat your house, or you may use a house fogger or a long lasting spray.

Yard control may also be done by an exterminator or with various insecticides you may use yourself. You should use a 30-day residual product each time.

**Q I don't see fleas on my dog or cat!**

**A** The most common area to look for fleas is on the pet's belly or in front of the tail.

When there are few fleas, look for flea dirt. Flea dirt is fecal matter from the flea that contains digested blood. Flea dirt looks like pepper. If you're not sure what it is, put some of the material on a white paper towel and wet the paper towel with water. A red stain will appear.

**Q What can I do to rid my pet of fleas?**

**A** The staff at Vandenberg's U.S. Army Veterinary Clinic recommends two products.

The first is a brand new product that kills fleas, eggs and larvae, and prevents all stages from developing. It is water-proof. It may be applied to puppies and kittens as young as eight weeks old.

The second product prevents and controls flea infestations by killing adult fleas and preventing flea eggs from hatching. This product is not a pesticide. It's a quick drying, greaseless and waterfast. It's safe for puppies and kittens as young as six weeks.

For information about these products, stop by the Vandenberg's veterinary clinic in the Community Loop, or call 606-3019. The clinic's hours are 8 a.m. to noon and 1 to 4 p.m., Monday through Friday, and 8 a.m. to noon on Wednesdays.

## COMMUNITY CALENDAR

4

FRI

### The Skills Development Center now

has Guardian Challenge goods in stock. Guardian Challenge 2001 T-shirts, Space Odyssey T-shirts, Guardian Challenge 2001 glass mugs and Guardian Challenge 2001 and 2000 coins. Can be purchased by calling 606-9487

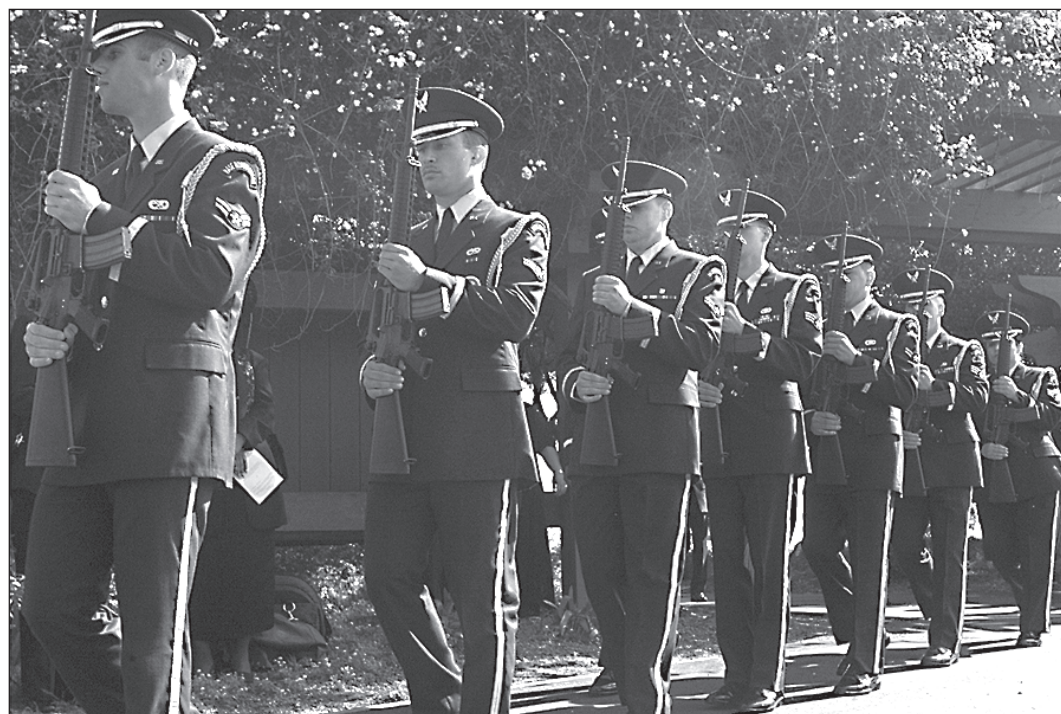
The newly renovated women's sauna is now open. Call the fitness center at 606-3832 for more information.

**Family Aquatics Center** will be open Monday through Friday from 10 a.m. to 1 p.m. for lap swimming. Call 606-3582 for more information.

The **base library now** has **internet** access. Call 606-6414 for more information.

**Vandenberg Middle School** needs volunteers to Tutor sixth to eighth grade students in math, english and Science. Volunteers are encouraged to bring a calculator. The 40 minute sessions are Tuesday, Wednesday or Thursday from 3:20 to 4 p.m. in the school Library. People can make a real difference in a young person's life by calling the VMS activities director at 734-2324 before 10:15 a.m. at 734-4391, extension 245 between 11 a.m. and 4 p.m.

The **Aerospace Education Foundation** will award a \$1,000 scholarship to an active-duty full time guard or reserve, officer or enlisted, Air Force Association member pursuing a master's degree in a non-technical field. The person must be a current member of the AFA. The application deadline is June 30 and the scholarship will be awarded in September. Requirements, selection criteria and applications can be obtained on the web at [www.aef.org](http://www.aef.org) or at the base



## Somber homecoming

*The Vandenberg honor guard provides full military honors for Lt. Col Rosco Fobair, USAF, 45th Tactical Fighter Squadron, April 29 in Santa Barbara at Elings Park. Fobair was shot down on a mission in his F-4 over Vietnam July 24, 1965. He was listed as MIA until his remains were identified this year.*

education office. People with questions can call Jancy Bell at 1 (800) 727-3337, extension 5801 or e-mail her at [AEFstaff@aef.org](mailto:AEFstaff@aef.org). The base education office also has information and can be reached at 605-5904.

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SAT

The Santa Barbara Region Chamber of

Commerce Hispanic Business council is sponsoring its tenth annual **Cinco de Mayo Festival**, job fair and trade show Saturday and Sunday in the De la Guerra Plaza downtown from 11 a.m. to 9:30 p.m. For more information, call Marti Correa Garcia at (805) 965-8561 or Patricia Fabing at (805) 730-1080.

7

MON

People can learn the **ancient arts of t'ai chi, chi gung, and relaxation exercises**. A free noncredit class will be held Mondays and Wednesdays from noon to 1 p.m. at the services center. The class will focus on improving balance,

flexibility, cardiovascular fitness, stress management, and emotional well-being. To register, call Steve Dunlap at 1 (800) 338-8731 at extension 3209.

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WED

### National Society of Military Widows,

Central Coast Chapter meeting will be Wednesday at 2 p.m. in the Retiree Activities Center, building 10364 near the base exchange. Refreshments will be served. For more information, call 606-5474.

**The weekly nutrition class** is Wednesdays from 11:30 a.m. to 12:30 p.m. at the health and wellness center. Topics to be discussed include heart smart for cholesterol control, diabetic meal planning with carbohydrate counting, prenatal and child nutrition

16

WED

and health nutrition for health.

The family support center is sponsoring a **job fair** in the

Pacific Coast Club May 16 from 10 a.m. to 2 p.m. A variety of employers and agencies will be at the event. It's open to all active-duty military, DoD civilians, contractors, retirees, reservists, National Guard and family members. Call Sunny Park at 605-0134 for information.

17

THUR

The Lompoc Police

Department and California Highway Patrol needs volunteers for the production of **"Every 15 Minutes."** Volunteers are needed as escorts, body-bag handling, cleanup detail and support for participants. The two-day program was developed to educate and prevent alcohol abuse in high school juniors and seniors. "Every 15 Minutes" is scheduled for May 17 and 18 at Cabrillo High School. For information, call Staff Sgt. Lee Osberry at 606-7544, Staff Sgt. Jennifer Wallis at 606-5801 or Tech. Sgt. Maria Gunther at 606-6070.

## AT THE MOVIES

### TODAY

**Just Visiting** Starring Jean Reno and Christina Applegate.

Synopsis: Count Thibault and his servant, Andre, are accidentally transported from the twelfth century to modern-day Chicago as the result of a wizard's flawed potion. Confused, lost and overwhelmed, they unexpectedly meet Thibault's descendant, Julia, and soon become involved in her life. Before long, Thibault and Andre realize they must quickly find their way back, or else. Rated PG-13 for violence and crude humor.

### SATURDAY

**Exit Wounds**, Starring Steven Seagal and DMX.

Synopsis: Fifty kilos of heroin disappear from the property vaults of the toughest precinct in Detroit and no one knows how. It'll make someone \$5 million richer-maybe someone in uniform-as long as no one talks. To Latrell, the money at the other end of the deal provokes the question—are all cops bad? Rated R for strong violence, language, sexuality and nudity.

### SUNDAY

**Chocolat**, Starring Juliette Binoche and Lena Olin.

Synopsis: In the traditional French village of Lansquenet life has not changed for the last 100 years. Vianne and her daughter Anouk open a chocolaterie filled with irresistible confections that awaken the townspeople's hidden appetites.

She persuades a few to abandon themselves to her temptation. Rated PG-13 for some language and sensuality.

*All movies start at 7:30 p.m. unless posted otherwise.*



# Optometrist's examination detects life-threatening tumor

By TECH. SGT. LLOYD CONLEY  
30<sup>th</sup> Space Wing Public Affairs

Even though the 30<sup>th</sup> Medical Group has decreased the size and scope of their on-base specialty care, the Vandenberg community can rest assured that their healthcare needs will be addressed completely.

Such was the case for two base members who owe not only their sight but possibly their lives to the quality care they received from medical group physicians.

"As an optometrist, I routinely conduct preventive medicine like eye health exams and write prescriptions for glasses or contacts," said Lt. Col. (Dr.) Parker Plante, 30<sup>th</sup> Medical Group optometry flight commander. "Only rarely do I get the opportunity to save someone's sight."

Plante was fortunate to not only save a patient's sight but possibly her life.

Earlier in the year, Plante performed a routine eye exam on the spouse of a retired service member complaining of fatigue and a subtle decrease in vision in her left eye over four or five months. The patient said she'd

seen several doctors without relief from her conditions.

"I noticed a mild decrease in her vision that wasn't correctable with glasses," said Plante. "I did another test that indicated a decrease in light perception. The rest of the eye exam didn't reveal any eye disease so there was no apparent reason for the slight decrease in vision."

Plante examined her again a couple of days later and



ARMAN 1ST CLASS STEVE SCHESTER

*Lt. Col. (Dr.) Parker Plante, 30<sup>th</sup> Medical Group, checks a patient's vision in the optometry clinic.*

repeated some of the procedures. Then he performed a visual field screening test. Although her vision had improved, it still was not 20/20. But the test did reveal subtle peripheral defects.

"That test revealed further visual field loss consistent with pressure on an area in the brain where the optic nerves cross," Plante said.

Based on the results of these tests, Plante referred her to a local ophthalmologist for a specialized retina test before he ordered a magnetic resonance imaging, commonly referred to as a MRI.

## TEAM AEROSPACE 2000 AWARD

■ AFSPC Best Flight Missile Medicine Squadron

Plante said his tentative diagnosis was correct and she was diagnosed with a brain tumor. He referred the patient to a surgeon in Santa Barbara who removed her tumor.

"One week after the surgery, I examined her again," Plante said. "She had a complete visual recovery and is seeing 20/20 again." She said that right after the surgery, "it was like

a cloud being lifted from over my eye." She's also doing well physically.

Recently Maj. Markham Brown, 30<sup>th</sup> MDG family practice physician, had an opportunity to treat a similar case and help save a patient's life.

A civilian employee went to the eye clinic for a routine visit before his deployment to the desert. His vision and visual field loss was so advanced that he was immediately referred for an MRI.

The results of the test revealed two large brain hemorrhages. Brown immediately referred the patient to a neurologist at Stanford University Medical Center, where the patient underwent two brain surgeries. The patient is recovering well and is now able to drive again.

"I knew exactly which physician to contact in continuing the medical care the patient needed."

Plante said he's confident that the TRICARE referral center's coordination between the 30<sup>th</sup> MDG doctors and workers in the system came together to save these patients sight and lives.



AIRMAN 1ST CLASS STEVE SCHESTER

**Caught in a pickle**

*Nigel Crisp, jumping, and Daniel Warren, right, from the 392nd Training Squadron have a player from the 534th TRS caught in a run down on the third-base line. The benefit softball tournament, held April 27, raised funds for Vandenberg's Widows' Group.*

INTRAMURAL BASKETBALL

**Cops only undefeated basketball team at Vandenberg**

NATIONAL LEAGUE

	W	L	PCT.
30th SFS No. 1	20	0	1.000
576th FLTS No. 1	17	2	.895
30th MSS	13	7	.650
30th SFS No. 3	12	8	.600
381st TRG	10	9	.526
30th CES No. 1	10	10	.500
392nd TRS No. 1	9	11	.450
30th OG No. 1	7	11	.389
533rd TRS	6	13	.316
30th CS	2	18	.100

AMERICAN LEAGUE

	W	L	PCT.
614th SOPS	17	2	.895
30th TRANS	15	3	.833
30th MDG	14	6	.700
30th CES No. 2	11	9	.550
30th SFS No. 4	11	9	.550
576th FLTS No. 2	11	9	.550
Det. 9	8	11	.421
534th TRS	6	12	.333
30th OG	5	13	.278
30th SFS No. 2	4	14	.222